



TEMA 2. ALIMENTACIÓN Y NUTRICIÓN. VOCABULARIO

De cada palabra escribe su definición, un ejemplo si te lo pido y su traducción al inglés. No olvides pegarlas en tu cuaderno.

- a) GLUCOSA

- b) ALMIDÓN

- c) HEMOGLOBINA

- d) COLESTEROL

- e) FIBRA

- f) AMINOÁCIDO

- g) AMINOÁCIDO ESENCIAL

- h) PROTEÍNA

- i) CALORÍA.

- j) METABOLISMO BASAL

- k) ANEMIA

- l) ALIMENTO TRANSGÉNICO

- m) ADITIVO ALIMENTARIO

FEEDING AND NUTRITION.

Definitions

Here you have 5 key words of this Unit. You have to study them. If you include more definition in your notebook, you will have extra points in your notebook marks.

1. **NUTRIENTS:** The food substances which provides us with the materials and the energy necessary to carry out our vital functions.
- 2.

Nutrition: Getting the matter and the energy that every living being needs to grow, survive and reproduce. As it also involves the removal of waste substances and residual energy, it can be described as an exchange of matter and energy with the environment.

4. **Feeding:** The ingestión of food which we select from our environment and constitutes our diet.
5. **Diet:** The quantity and the type of food we eat.
6. **Additives:** Substances added to food to improve its taste, to preserve flavour or make it look more attractive and prevent it from spoiling.

Vocabulary translations

Here you can include the translation of some key words of this unit:

Sustancias: Substances
Alimentos energéticos: Energetic Foods
La regulación de los alimentos: Regulatory Foods
La formación de los alimentos: Forming Foods
Minerales: Minerals
Anorexia: Anorexia
Bulimia : Bulimia
Obesidad: Obesity
Nutrition: Foods